



Lifestyle Mentor Services
We're Just People



CORE HUB PROGRAM CATALOGUE

We're Just People



**C.
O.
R.
E.**



WELCOME TO OUR C.O.R.E HUB

At C.O.R.E Hub, we pride ourselves on being more than just a learning centre from 18 and above who are high functioning individuals in all areas of disability; we are a NDIS registered provider offering a diverse range of supports, including School Leaver Employment Supports (SLES).

Our name, C.O.R.E, stands for Commitment, Opportunity, Results, Employment, reflecting our philosophy and driving values.

Our overarching goal is to empower our members by providing them with essential life skills and a variety of support options, including employment-focused assistance. We are dedicated to building a vibrant community where every member can achieve independence and embark on successful career paths, regardless of the support type they require.

We are pleased to have you join us, and we hope you enjoy what we have in store.

You will embark on an empowering 10-week journey with our C.O.R.E Hub programs, thoughtfully designed to provide structure and consistency while focusing on your unique strengths. As you select your chosen programs, you're not just signing up; you're making a commitment to a complete 10-week program crafted to enhance your abilities. Each day at the Hub is an opportunity for growth and success tailored to your individual needs.

Empower your journey by fully developing your skills through our inclusive 10-week program, specifically designed for individuals with diverse abilities. This extended duration offers ample opportunities to witness and celebrate progress, bringing you closer to your goals. By the end of the program, you'll experience a profound sense of accomplishment and completion. Engaging in our 10-week program not only fosters stronger connections with fellow members but also ensures more substantial and meaningful outcomes compared to one-off. Please note mobility access is limited at our Upper Coomera Hub.



BREAKING IT DOWN

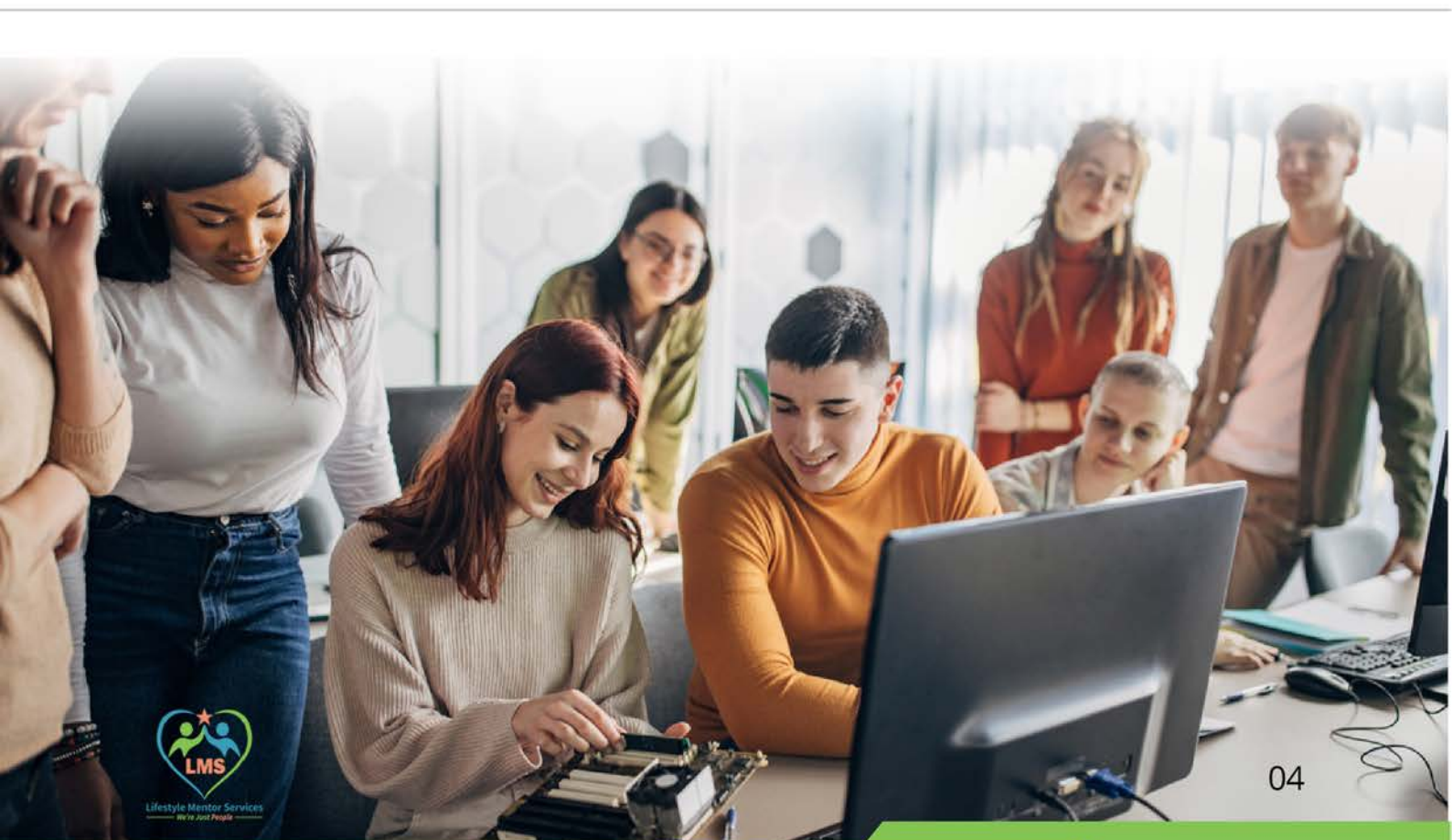
- Our C.O.R.E Hub Programs run Monday to Friday from 9am to 3pm.
- For each day you attend our C.O.R.E Hub, you choose one Program or two smaller Programs for the morning and or afternoon.
- As you enroll in a particular program for the duration of 10 weeks – e.g Katch-up Kitchen and Crafty Arts on Mondays, TechXpress on Tuesday mornings, and our Boutique Op Shop on Tuesday afternoons – ensure that your chosen programs strongly align with your NDIS goals or reflect your personal passions. Your commitment to these programs is an opportunity to tailor your experience to what truly matters to you.
- Regular Social Evenings consisting of Karaoke Night, Movie and Pizza night. These are arranged by Lifestyle Mentor Services.
- Once a month on a Saturday our C.O.R.E Hub will be holding a Social Night from 4pm – 8pm, our members can choose the Dance Theme i.e. Disco, Hip-hop, Rock-n-Roll just to name a few.

To register for the program of your choice, please follow these steps:

- You may also submit your Expression of Interest directly through our website at **<http://q-r.to/LMSInterestForm>**
- Program placements are assigned on a first-come, first-served basis, so ensure you submit your selections promptly!
- Contact us by either calling (07) 3059 9555 if you require any assistance with the form.
- Alternatively, you can email your selections to hub@lifestylementors.com.au.

BREAKING IT DOWN

- Program placements are assigned on a first-come, first-served basis. Ensure you submit your selections promptly! If you require assistance with the form, feel free to reach out to us on 07 3059 9555.
- An electronic confirmation will be sent to you, if you have specific communication methods, please let us know how you would like to receive your confirmation.
- In case your chosen Program becomes fully booked, we will proactively contact you by phone to explore alternatives. This may include enrolling you in an alternative Program or discussing the option of enhancing your support level to secure your participation. Please be aware that once your activity program is confirmed, changes cannot be accommodated due to scheduling constraints within the Program of Supports. If you choose not to participate in your initially selected program, please don't hesitate to get in touch with us at 07 3059 9555. Your satisfaction is our priority, and we're here to assist you every step of the way.
- **Please take note:** Your daily fee of just \$15 covers everything, including a delicious lunch!



MONDAY

MORNING PROGRAMS

9:00AM – 12PM

OPTION 1: Katch-Up Kitchen
OPTION 2: TechXpress
OPTION 3: Botique Op Shop /
Reception Admin

OR

CHOOSE SHORTER PROGRAMS

9:00AM – 10:30AM

OPTION 1: Career Pathways
OPTION 2: Numeracy & Literacy

10:30AM – 12PM

OPTION 1: Positive Relationships
OPTION 2: Horticultural

BREAK FOR LUNCH

AFTERNOON PROGRAMS

1PM – 3PM

OPTION 1: Crafty Artz
OPTION 2: Beauty Care
OPTION 3: Boutique Op Shop /
Reception Admin
OPTION 4: TechXpress

OR

CHOOSE SHORTER PROGRAMS

1PM – 2PM

OPTION 1: Performing Artz
OPTION 2: Self Grooming

2PM – 3PM

OPTION 1: Healthy Habits
OPTION 2: Hub Beats



TUESDAY

MORNING PROGRAMS

9:00AM – 12PM

OPTION 1: Katch-Up Kitchen
OPTION 2: TechXpress
OPTION 3: Botique Op Shop /
Reception Admin

OR

CHOOSE SHORTER PROGRAMS

9:00AM – 10:30AM

OPTION 1: Horticultural
OPTION 2: Performing Artz

10:30AM – 12PM

OPTION 1: Numeracy & Literacy
OPTION 2: Healthy Habits

BREAK FOR LUNCH

AFTERNOON PROGRAMS

1PM – 3PM

OPTION 1: Crafty Artz
OPTION 2: C.O.R.E Bulletin
OPTION 3: Boutique Op Shop /
Reception Admin
OPTION 4: TechXpress

OR

CHOOSE SHORTER PROGRAMS

1PM – 2PM

OPTION 1: Healthy Habits
OPTION 2: Positive Relationships

2PM – 3PM

OPTION 1: Healthy Habits
OPTION 2: Hub Beats



WEDNESDAY

MORNING PROGRAMS

9:00AM – 12PM

OPTION 1: Katch-Up Kitchen
OPTION 2: TechXpress
OPTION 3: Botique Op Shop /
Reception Admin

OR

CHOOSE SHORTER PROGRAMS

9:00AM – 10:30AM

OPTION 1: Career Pathways
OPTION 2: Numeracy & Literacy

10:30AM – 12PM

OPTION 1: Positive Relationships
OPTION 2: Horticultural

BREAK FOR LUNCH

AFTERNOON PROGRAMS

1PM – 3PM

OPTION 1: Crafty Artz
OPTION 2: Beauty Care
OPTION 3: Boutique Op Shop /
Reception Admin
OPTION 4: TechXpress

OR

CHOOSE SHORTER PROGRAMS

1PM – 2PM

OPTION 1: Numeracy & Literacy
OPTION 2: Self Grooming

2PM – 3PM

OPTION 1: Healthy Habits
OPTION 2: Horticultural



MONDAY

MORNING PROGRAMS

9:00AM – 12PM

OPTION 1: Katch-Up Kitchen
OPTION 2: TechXpress
OPTION 3: Botique Op Shop /
Reception Admin

OR

CHOOSE SHORTER PROGRAMS

9:00AM – 10:30AM

OPTION 1: Horticultural

10:30AM – 12PM

OPTION 2: Numeracy & Literacy

BREAK FOR LUNCH

AFTERNOON PROGRAMS

1PM – 3PM

OPTION 1: Crafty Artz
OPTION 2: C.O.R.E Bulletin
OPTION 3: Boutique Op Shop /
Reception Admin
OPTION 4: TechXpress

OR

CHOOSE SHORTER PROGRAMS

1PM – 2PM

OPTION 1: Career Pathways
OPTION 2: Performing Artz

2PM – 3PM

OPTION 1: Positive Relationships
OPTION 2: Healthy Habits



TUESDAY

MORNING PROGRAMS

9:00AM – 12PM

OPTION 1: Katch-Up Kitchen
OPTION 2: Crafty Artz
OPTION 3: Botique Op Shop /
Reception Admin

OR

CHOOSE SHORTER PROGRAMS

9:00AM – 10:30AM

OPTION 1: Healthy Habits
OPTION 2: Numeracy & Literacy

10:30AM – 12PM

OPTION 1: Positive Relationships
OPTION 2: Horticultural

BREAK FOR LUNCH

AFTERNOON PROGRAMS

1PM – 3PM

OPTION 1: Hub Cleaning Crew

OR

CHOOSE SHORTER PROGRAMS

1PM – 2PM

OPTION 1: Healthy Habits
OPTION 2: Positive Relationships

2PM – 3PM

OPTION 1: Hub Beats
OPTION 2: Social Afternoon



SOCIAL NIGHTS

ARRANGED BY LMS

KARAOKE
MOVIE AND PIZZA NIGHT

SATURDAY SOCIAL NIGHT

ONCE A MONTH

4PM – 8PM

Interested?
Follow the
Link or
Scan Here!

<http://q-r.to/LMSInterestForm>



PROGRAM DESCRIPTION



Katch-up Kitchen - Step into the world of culinary delight with our Katch-up Kitchen Program! Where the joy of cooking meets the heart of hospitality. Designed with inclusivity in mind, this program not only ignites the joy of cooking with the warmth of community, creating a space where everyone is a chef. Let's cook up connection, inclusion, and delicious memories together. Come and experience the magic of Katch-up Kitchen.



TechXpress - Welcome to TechXpress – an empowering journey into the world of technology! Our inclusive program is a dynamic fusion of Cyber Safety awareness, hands-on PC building, and a dive into all things computer-related. Join us in cultivating the digital world and building tech-savvy skills in a supportive environment. Come embark on this transformative experience where curiosity meets capability, and every member becomes a tech enthusiast on their unique path of discovery!



Boutique Op Shop / Reception Admin - Step into the world of endless possibilities at our Boutique Op Shop / Reception Admin Program! This unique Program offers a dual opportunity – immerse yourself in the vibrant world of retail at our Boutique Op Shop and explore the essential skills of reception and admin roles. Discover the joy of customer interaction, cash register and money handling, and organizational skills. Join us in creating a welcoming space where abilities shine, and every task becomes a steppingstone toward personal and professional growth. Unleash your potential in a program that celebrates diversity and inclusion, making every experience a valuable opportunity to learn and thrive!



Crafty Artz - Our Crafty Artz Program is a special creative journey where members get to express themselves through various arts and crafts. They can design, create, and bring their masterpiece to life. Whether it's painting, drawing, resin artwork, or making cool crafts, everyone can join in, regardless of their abilities.

But it doesn't stop there! The Program also opens doors for members to showcase and even sell their creations. It's a chance for them to turn their artistic talents into something more – maybe a little business or just the joy of sharing their masterpieces with others. Crafty Artz is not just about making art; it's about creating opportunities, spreading smiles, and letting the world see the beauty of their imagination!



Beauty Care - Our Beauty Care Program is like a friendly and fun guide to feeling great about yourself. In this program, you get to learn simple and enjoyable ways to take care of your skin, hair, and overall well-being. It's all about discovering what makes you feel awesome and confident. Whether it's trying out easy hairstyles, exploring gentle skincare routines, or adding a splash of colour with makeup if you want, the Beauty Care Program is here to make self-care a joyful and accessible experience for everyone, not matter their abilities. It's like a little adventure of feeling good!



Self-Grooming - The Self-Grooming Program for men living with a disability is like a friendly guide to help you feel confident and comfortable in taking care of yourself. In this program, you'll learn simple and personalized ways to groom, including shaving, hair care, and skincare routines that suit your needs and abilities. It's about finding your own style and routine that makes you feel your best. The program is here to make self-grooming easy, enjoyable, and tailored just for you, ensuring that everyone has the opportunity to look and feel great, regardless of their abilities.



Career Pathways - Discover a career path that celebrates your strengths and abilities. Our inclusive programs provide support and opportunities for everyone, regardless of ability. Unlock your potential and build a future where your dreams can become reality. Your journey starts here, where diversity is valued, and success knows no limits!



Positive Relationships - Explore the Positive Relationships Program crafted for individuals living with a disability. Dive into the joy of forming healthy friendships and relationships in a supportive space. We focus on building and maintaining lasting connections while understanding the importance of boundaries. Join us to cultivate positive relationships that contribute to a fulfilling and enriching life journey! es!



Performing Artz - Performing Artz for people with disabilities is like stepping onto a magical stage where the spotlight is on you! It's all about saying, "Lights, camera, action!" and diving into the exciting world of performing arts. In this program, you get to express yourself through acting, singing, or dancing - whatever makes your heart sing with joy. But it's not just about the performers; there's a whole team behind the scenes! There are creative folks making fantastic props and sets, and there's a stage crew managing the lights and cameras to make everything look spectacular. It's a chance for everyone to shine, have fun, and show the world the amazing things they can create together. Lights, camera, action — it's your time to be a star, whether on stage or behind the scenes!



C.O.R.E Bulletin - The C.O.R.E Bulletin is like a special update designed just for you! Picture this: you step into the “green room” where the news comes to life!

- Stay informed:** Imagine a friendly voice or easy-to-read text bringing you news about events, stories, and things that matter. It’s your go-to source for staying informed.
- Shared Stories:** This bulletin isn’t just about receiving news; it’s a chance for you to share your thoughts and stories. Whether it’s a personal achievement or something else. It’s where you can gather, share, and prepare to be in the spotlight of the news.
- Accessible Content:** The news is presented in a way that’s easy to understand and accessible for everyone, regardless of abilities. It’s all about making sure you can connect with the information.
- Community Connection:** This is your connection to the community. You’ll learn about events, activities, and opportunities, creating a sense of togetherness.
- Using a Green Room:** Just like a green room where performers prepare before going on stage, your C.O.R.E Bulletin is your backstage pass to getting ready for the week. It’s where you can gather, share, and prepare to be in the spotlight of the news.

So, think of the C.O.R.E Bulletin as your personal update, connecting you with the world and letting your voice be a part of the conversation, all while using a green room to set the stage for the week ahead!



Healthy Habits - The Healthy Habits Program, designed for individuals living with a disability, is like a fun and energizing adventure toward a healthier and happier you. This program includes different activities:

- Zumba:** Get ready to move and groove with Zumba! It’s a lively dance exercise that adds a splash of joy to your routine. It’s not just about fitness; it’s about having a blast while keeping active.
- Resistance Training:** This is part of the program focuses on building strength and feeling empowered. Using resistance, you’ll learn exercises to make your muscles strong and resilient.
- Healthier You:** Discover simple and effective ways to make healthier choices in your daily life. From nutritious eating to staying hydrated, it’s all about creating habits that contribute to a healthier and happier you.

The Healthy Habits Program is not just about exercise; it's a holistic approach to well-being, making health and fitness accessible, enjoyable, and tailored to your unique needs. Get ready to embark on a journey to a healthier, happier lifestyle!



Numeracy & Literacy – Explore learning with our Numeracy & Literacy Program, specially designed to cater to diverse abilities. Join us in a supportive environment where individual growth is celebrated. Let's build a foundation where knowledge knows no boundaries, and each learner can thrive at their own pace. Start your learning journey with us today!



Horticultural Program - In our Horticultural Program, the focus isn't just on growing fruits and veggies. Members learn about various plants, from colourful flowers to sturdy trees and everything in between. They will have hands-on experience with flowering plants that bring beauty to gardens or learn about herbs that add flavour to our meals. This way, members not only gain skills in growing food but also in cultivating a wide variety of plants. They might start their own little gardening business or find a job in gardening. It's like planting seeds of knowledge and watching them grow into something awesome!



Hub Beats - The Hub Beats Session is like a musical adventure designed for people with disabilities who want to dive into the world of music. In this session, you get to create, make, and learn all about beats and rhythms.



Making Music: Imagine crafting your own tunes and melodies. Whether you're into creating beats or playing with different sounds, it's all about expressing yourself through music.



Creating Music: This session is your space to be a music creator! Learn how to put together different elements, experiment with sounds, and make music that's uniquely yours.



Learning Beats: Dive into the rhythm! Learn about beats, understand how they work, and discover the joy of creating your own beats. It's like finding your groove and dancing to your own musical vibe.



Cut and Loop Music: Ever wanted to play with music like a pro? This session introduces you to the art of cutting and looping, where you can manipulate sounds to create something entirely new and awesome.

Hub Beats is more than just a music session; it's a chance to explore, create, and enjoy the incredible world of music-making, no matter your abilities. Get ready to make some beats and let the music move you!



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www.lifestylementors.com.au

